Did you mean: ***ergonomics***

AI Overview

Ergonomics (also called ergonomy or human factors) is the science of designing tools, tasks, and workplaces to fit the user's natural body and mind. Its goal is to stop pain, lower stress, and make work safer and easier. The University of North … +4

## Main Areas of Ergonomics

- **Physical:** Focuses on body movement, posture, and preventing muscle or joint injuries from heavy lifting or repeating the same task.
- **Cognitive:** Looks at mental workload, memory, and how humans make decisions or interact with computers.
- **Organizational:** Improves workplace structures, teamwork, communication, and work schedules. Wikipedia +1

## Key Rules for a Good Workspace

- **Chair:** Keep feet flat on the floor and support your lower back.
- **Screen:** Set the top of your monitor at or just below eye level.
- **Keyboard:** Keep wrists straight and elbows at a 90-degree angle close to your body.
- **Movement:** Stand up, stretch, or change positions often to rest your muscles.

If you want, let me know:

- Are you setting up an **office desk** or a **different workspace**?
- Are you having any **pain or discomfort** right now?

I can give you tips to fix your setup.

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ergonomie.ergovia.ca
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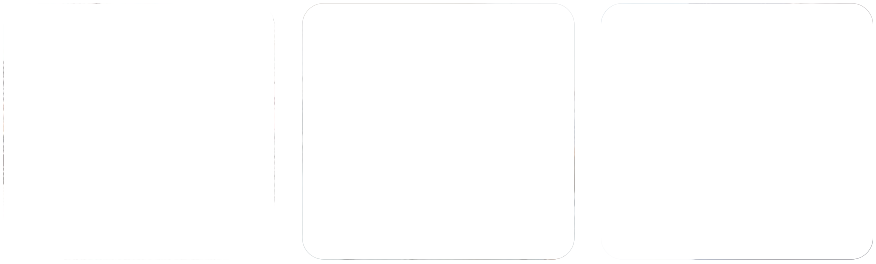

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Wikipedia
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### Ergonomics

**Ergonomics**, also known as human factors or human factors engineering (HFE), is the scientific study to understand the interaction between humans and other ... Read more

The University of North Carolina at Chapel Hill
https://ehs.unc.edu › Topics

### Ergonomics - Environment, Health and Safety

Ergonomics can roughly be defined as **the study of people in their working environment**. The goal is to eliminate discomfort and risk of injury due to work.

Cambridge Dictionary
https://dictionary.cambridge.org › dictionary › ergono...

### ERGONOMIC | English meaning - Cambridge Dictionary

6 days ago — **relating to the design of furniture or equipment** which makes it comfortable and effective for people who use it:

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### What is Ergonomics?

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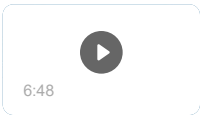


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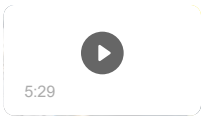


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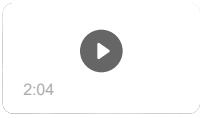


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Ergonomics organizes workplaces, products, and systems to fit people, enabling comfortable and efficient work.

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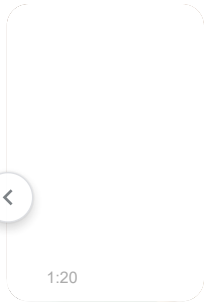


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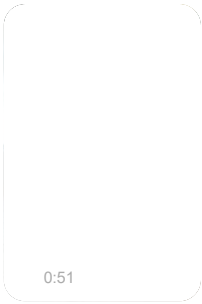


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http://www.osha.gov › ergonomics

### Ergonomics - Overview | Occupational Safety and Health ...

Ergonomics --- fitting a job to a person --- **helps lessen muscle fatigue, increases productivity** and reduces the number and severity of work-related MSDs. Read more

International Ergonomics Association
https://iea.cc › about › what-is-ergonomics

### What Is Ergonomics (HFE)?

Physical ergonomics is concerned with **human anatomical, anthropometric, physiological and biomechanical characteristics** as they relate to physical activity.

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